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Original ar cl

Correla on between Sargent jump and 45-meter dash in the es ma on of the anaerobic power

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ABSTRACT

Mental and physical health of students is important objects of every society, because their health ensures scien fic progression and development. The current study was aimed to es mate the anaerobic power in two ways Sargent jump and run 45 meters and the factors influencing them among selected male and female students of Qazvin University of Medical Sciences. This was an analy cal cross-sec onal study among 110 students who par cipated in the study that were selected randomly. To measure anaerobic power, Sargent jump and run 45-meter test was used. In order to analyze the factors affec ng anaerobic power test, independent t-test and ANOVA with a significance level of 0.05 was conducted, and also to examine the rela onship between two tests Pearson correla on test was used. Data analysis showed that sex, weight, height and body mass index in Sargent jump and sex and weight in 45 meters test are significant. Pearson correla on test between anaerobic power test results are posi ve and significant rela onship (r= 0.83 and P<0.001), respec vely. The overall results of this study showed a high correla on between the two methods. Also, variables such as sex and weight in both tests showed significant associa on in the mean anaerobic power.